

# CHILD SAFETY PLAN

- When I'm scared, I can go to \_\_\_\_\_.
- I can ask \_\_\_\_\_ to help me.
- I can call the police or 911 and ask for help.
- I can call my \_\_\_\_\_ at \_\_\_\_\_.

My phone number is \_\_\_\_\_

My address is \_\_\_\_\_

*It is not only important to give your child permission to seek help, but it is also important to practice this plan.*

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# RESOURCES

Caritas Holy Family Hospital  
Family Safety Project—Children's  
Program  
978-989-9361

Essex Children's Advocacy Center  
978-745-6610 x5096

Essex District Attorney's Office  
Victim/Witness Services  
978-745-6610

HAWC (Healing Abuse, Working for  
Change)  
978-744-6841 (HOTLINE)

Jeanne Geiger Crisis Center  
978-388-1888 (HOTLINE)

Massachusetts SAFELINK  
877-785-2020 (HOTLINE)

North Shore Rape Crisis Center  
800-922-8772 (HOTLINE)

North Shore Children's Hospital/  
HAWC, Parent Child Trauma  
Recovery Program  
978-354-4383

Women's Resource Center  
(YWCA of Haverhill)  
978-373-4041

YWCA of Greater Lawrence  
978-687-0331

## How to keep your child safe when there is violence at home

A SAFETY PLAN  
FOR YOU AND  
YOUR CHILD



*Provided by:*  
Essex District Attorney  
Jonathan W. Blodgett



*In consultation with:*  
North Shore Children's Hospital/HAWC  
(Healing Abuse, Working for Change)  
Parent Child Trauma Recovery Program

### Do you know that:

- More than half of people who abuse their partners also abuse their children.
- 90% of children who live in homes with domestic violence are aware of the abuse.
- Children who witness domestic abuse are at greater risk for: aggressive, antisocial behavior, anxiety, depression and lower self esteem. Boys tend to become aggressive and girls are at greater risk to become victims.

### It is important for children to know:

- The abuse is **not** their fault.
- How to get help and be given permission to do so.
- What they can do to feel safe and who can help them.

Please use the attached checklists and review your child's safety plan with them so that they feel comfortable with the steps they need to take to protect themselves.

**Don't be afraid  
to ask for help!**

**It could save your life  
and the life of your  
child.**



**You and your child  
deserve to be  
safe at home and free  
from fear and harm!**

## PARENT SAFETY PLAN

- I can seek help from neighbors, family or friends.
- I can keep a cell phone with me.
- I can pack an emergency bag for me and my children. (Include money, keys and important documents.)
- I can stay in a safe place.
- I can call the police or 911.
- I can go to court to get a restraining order.
- I can notify the school and work.
- I can talk to

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**For more information about safety planning, speak with an advocate in a domestic violence program.**